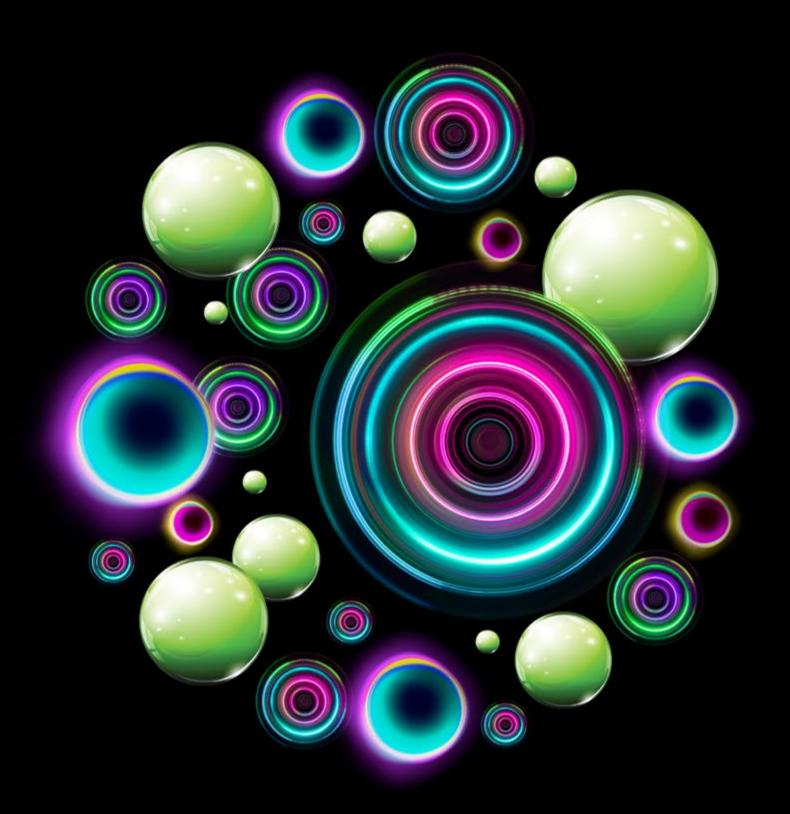
Group exercise



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Contents





You must have Adobe Reader installed on your device in order to interact with most features throughout this document.

Download it from here... **Desktop**

iOS

Android

Introduction (a)

Group exercises give us an insight into your typical behavioural style when you're working with others and how this aligns with the skills we're looking for.

You'll be pleased to know they can be fun too! And they're a great opportunity for you to get a feel for our culture, and meet other candidates who you could end up working with in the future.



Use the arrows to move from page to page and the icons to go to another section.



Introduction 📦

In our group exercises we'll be looking at:

How you build relationships and work with others

In short, we're looking for skills which are really important in our own working environment, where team-working is critical to our success.

O2 Your approach to problem solving

Please refer to the

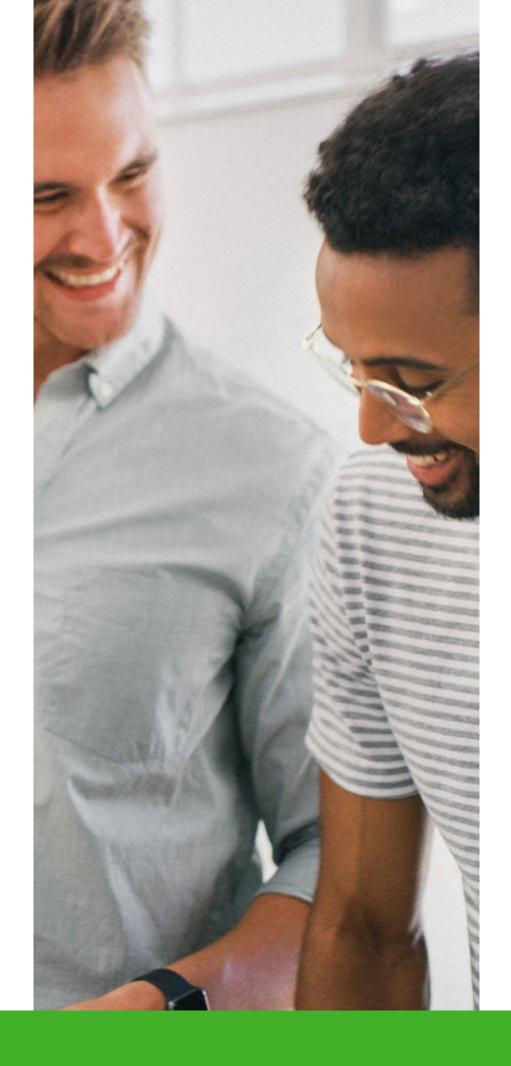
to see our Student Success

Your adaptability and ability to think on your feet

Profile on page 6.

O4 Your critical thinking skills

Your ability to focus on getting results



What to expect

Click on the circles to find out what to expect in a group exercise:

Introduction

Task

Unique Information

Interruptions

After the discussion

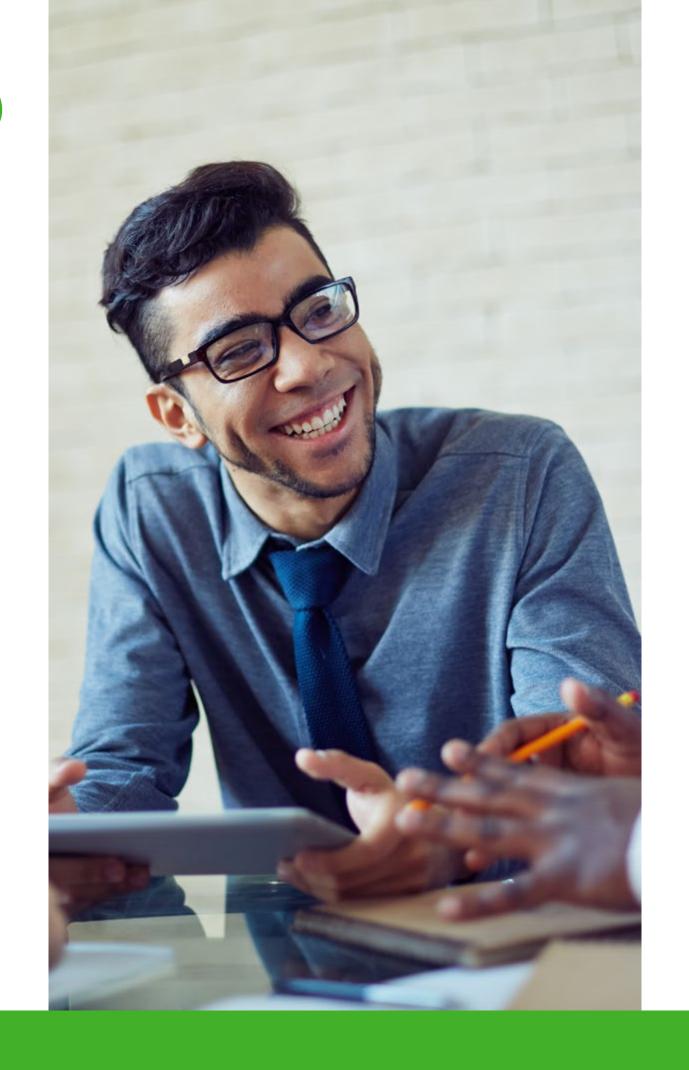
Time



Preparing for the group exercise (**)

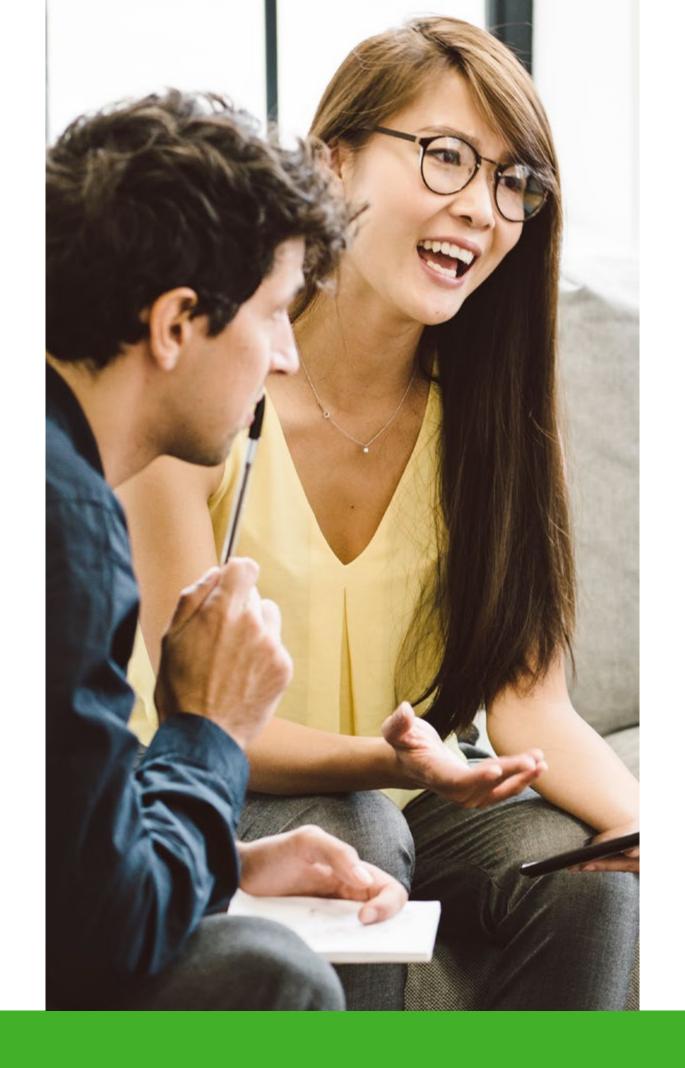
As you're given the exercise and any accompanying information on the day, you may think there isn't anything you can do to prepare.

This is definitely not the case. There's lots you can do and can practice. Watch the video below for tips from our colleagues, who all have experience of these type of group exercises.



Preparing for the virtual group exercise (**)

Click the icons to see our tips for doing the group exercise virtually



Dispelling myths about group exercises (2)

We sometimes find that candidates can have certain preconceptions about what good performance looks like in a group exercise.

However, these aren't always right. Have a go at the following quiz to check your own thinking.



Dispelling myths about group exercises (2)

Question True False

- It's ok to disagree with others in the group.
- People who have participated in a group exercise before will do better than those that haven't.
- If I don't perform well in this exercise, it's game over.
- You don't need to have prior knowledge or expertise of the group exercise discussion topic to contribute.

Scenarios you may encounter (🕏

Working with others you've not met before in a timed group exercise, particularly if you've not taken part in one before, can leave you unsure of how to deal with some scenarios that can arise.

In a real-life working situation you'll come across all sorts of people and this is your opportunity to show how you would engage with them.

Click on the icons to see what scenarios might arise and our tips and techniques for tackling them.



Practice makes perfect 🕢

Exercise 1

There are also a whole range of things you can do to hone your skills in advance of the group exercise and ensure you feel confident on the day.

Try out some of the following practice exercises and take time to note what you think you do well and where you might adapt your approach.

You have to review information, think critically and come up with your point of view in the group exercise.

To prepare for this, take a current topic in the news e.g. health and well-being, or an issue that different political parties have opposing views on such as the economy or social welfare.

Look at both sides of the argument and determine what your view is.

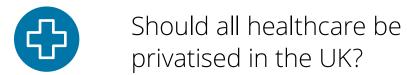
Please type your reflections here

Practice makes perfect 🕢

Exercise 2

Practice debating an issue with friends or even family members at meal times.

Some example debating topics might be:







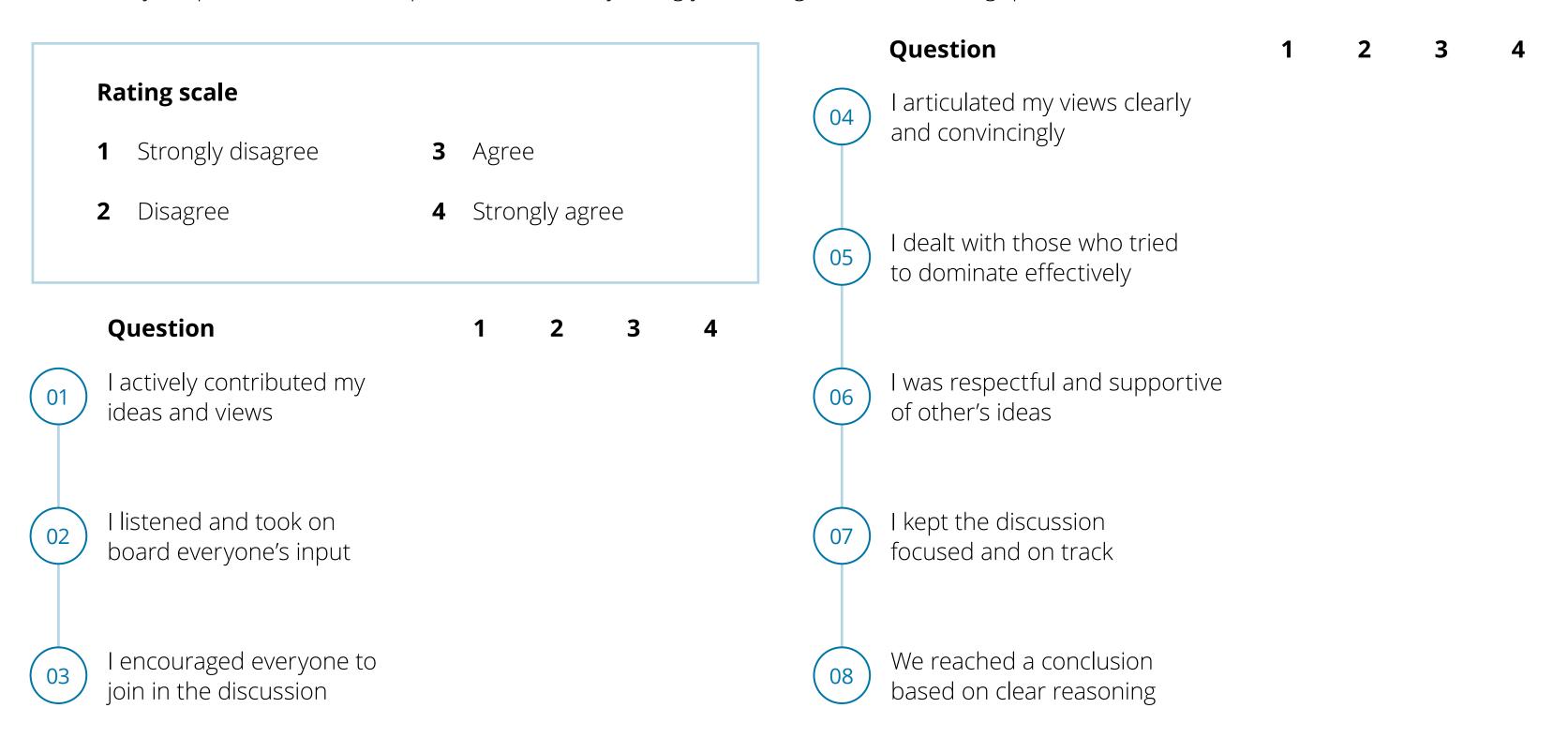
On the next page reflect on how well you did in this practice activity.



Exercise 2 - Reflections



Reflect on your performance in this practice exercise by rating yourself against the following questions:



Summary and reflection (iii)

So hopefully now you're feeling confident and ready to give the group exercise your best shot!

We're looking forward to meeting you soon.

Four final things from us:



Remember...

...if you've reached this stage you're already doing great!



Relax

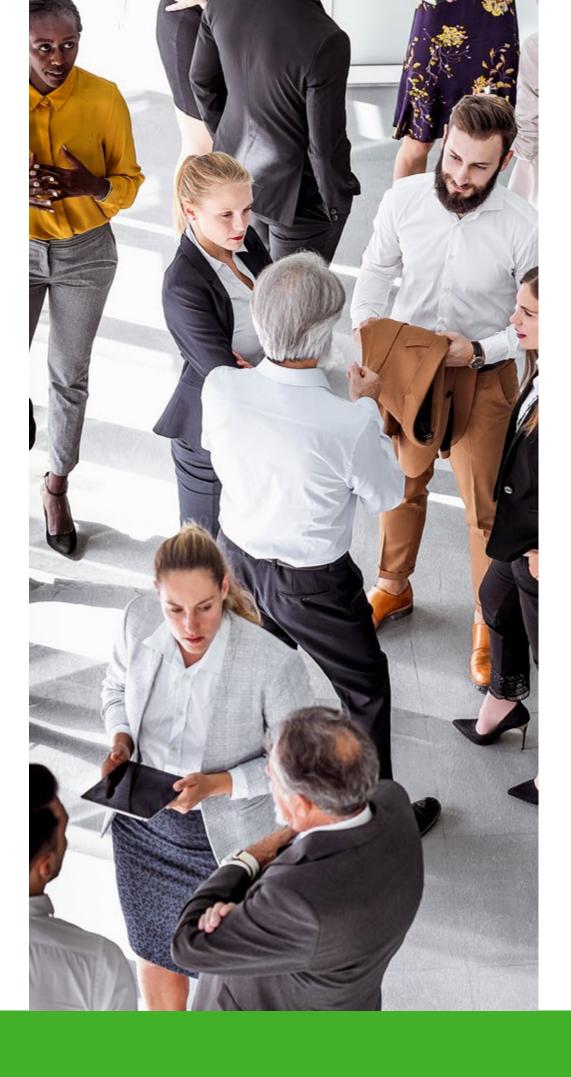
As with any of the other assessment activities, try and relax and be yourself. This is all about getting to know the real, authentic you.



Need help? Ask us.

If you need any support or adjustments to help you participate, let us know. See the

for more details.



Summary and reflection (



How did it go?

After the event reflect on your experience. It's always really important to reflect after any important assessment activity.

Preferably while it's still fresh in your mind think about:

What did you do well?

What did you learn from the experience?

What have you learnt about your capabilities?

What support or development may help you?

What would you do differently next time?

Reflect on any feedback you receive after the event too. Save your reflections. You'll find them helpful prompts for your development in the future.

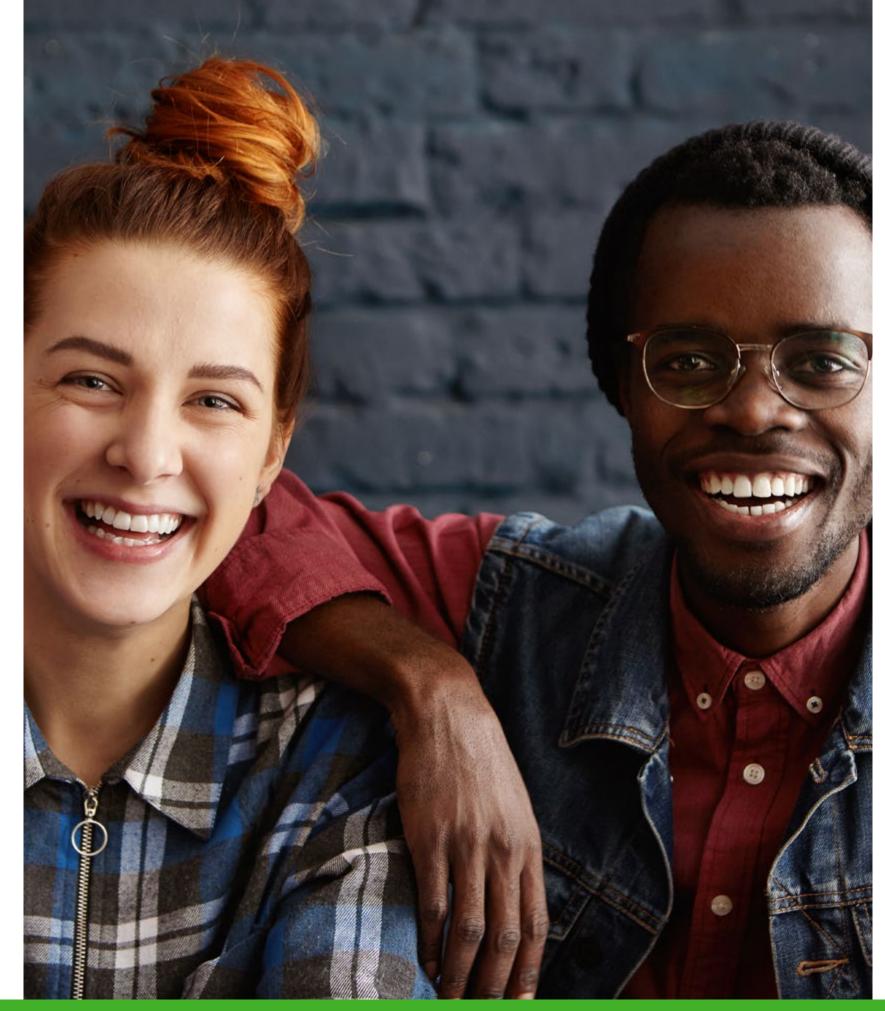
Please type your reflections here

Need more information?



Remember to check your invitation letter to see what's in your final stage assessment.

We have a series of Guides which provide more information about other activities that might be included. These are:



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